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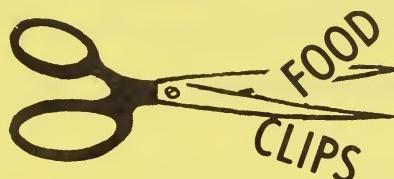


U.S. DEPT. OF AGRICULTURE

# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

April 22, 1974



On cured and smoked pork --- It requires refrigeration unless stated otherwise on the label, according to the Agricultural Research Service of U.S. Department of Agriculture.

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Cured sausages should be wrapped and stored in the refrigerator.

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If it's "country-style" cured pork (with a high-salt content) it can be kept safely in a cool, dry, dark place -- or it can be refrigerated.

\* \* \*

Remember that pork is high in nutritive value -- it's an especially rich source of thiamine (vitamin B<sub>1</sub>). It's also a good source of protein.

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What is a "pork cushion?" It's a square, flat piece made by removing the bones from the shoulder. It provides a pocket for stuffing.

## In This Issue:

- 1 Food for Children
- 2 Household Hints
- 3&4 Food Preservation, III  
--Home Grown/"Organic"

## ON FUNDING AND PROPOSALS --- for summer feeding

The Special Food Service Program for Children has tentatively allocated \$50.6 million for operation of the special summer feeding program. Two new proposals have also been made by the Food and Nutrition Service of the U.S. Department of Agriculture for this program.

Proposals include: 1) An increase of the maximum rate of reimbursement from 30 cents to 34 cents for a regular meal and from 10 to 11 cents for supplemental food. 2) An increase of the amount of extra cash assistance available to service institutions, in instances where all or nearly all children are in need of free meals, and where the institution cannot financially meet this need. (This assistance has been boosted from 60 to 70 cents for a regular meal; and from 15 cents to 18 cents for supplemental food.)

If accepted, these changes could become a part of the year-round program and would be effective July 1.

**WARMER WEATHER DUE!****--- Protect Clothing and Furnishings**

What effective preventative measures can you take to protect your clothing and household furnishings against fabric insect damage? Protection really begins when you first select your purchases in the store because some woolens, woolen-synthetic blends have already been treated by the manufacturer with a moth-resistant compound. That's the easy protection way.

However, for previously untreated articles -- the Agricultural Research Service of U.S.D.A. suggests that you treat them with protective sprays of an oil-solution insecticide containing methoxy-chlor, Strobane, or Perthane. Do not soak or saturate them; spray surfaces until just lightly moist. Then let sprayed articles dry before you wear or store them.

The entire household should be checked regularly. Brushing and sunning helps to rid woolen clothing, blankets and upholstered furnishings of insects and their eggs and larvae. But articles still need to be properly cleaned and usually mothproofed.

Proper storage is very important. Moth crystals, flakes or balls are useful in protecting woolen articles. To be effective in holding the vapor, however, the container in which the articles are stored must be tightly sealed. In a trunk or closet use one pound of the crystals, flakes or balls for each 100 cubic feet of space.

Cedar chests are good pestproof containers primarily because of their tight construction, but after they are two years old, you should add moth crystals, flakes or balls among the woolens to be stored.

## FOOD PRESERVATION SERIES

## — Home Grown

----People enjoy home gardening. They like to work with the soil. Some enjoy the convenience of modern fertilizers and methods of pest control. Some don't. They find that organic methods appeal to them.

Q. Are "organic foods" nutritionally superior?

A. Dr. Ruth Leverton, science advisor, U.S. Department of Agriculture, Agricultural Research Service, states that ...

"...crops produced with the help of chemical fertilizers are equal nutritionally to crops produced by "organic" means. Research has established that, generally, elements essential to plant growth enter the plant in the inorganic form...organic fertilizers are broken down to inorganic forms by micro-organisms in the soil before their elements enter the plant. Using only organic fertilizers --- means that any nutrient deficiency that may be in the soil will be perpetuated and aggravated rather than remedied."

Q. Do organic food products cost more?

A. Several surveys have found organic foods are more expensive than other foods. Knowing how they are produced, you can understand why. Organic foods usually cost from one-third to twice as much as regular foods to purchase. Sample surveys show an approximate price spread:

Grape jelly, 10 Oz.	\$ .59 as to .31
Pinto beans, dried, 1 lb.	.81 as to .43
Oatmeal, 1 lb.	.93 as to .39

Q. What are "so called" natural foods?

A. Natural foods are foods produced by nature and are eaten without any treatment other than washing or hulling. They are not necessarily organically grown. There is nothing intrinsically safe about nature. Toxicants occur naturally in foods such as mushrooms, almonds and spinach. Concentration rather than mere presence of a substance is responsible for the toxic properties of many foods. Food from your garden or the commercial farm is basically safe.



**FOOD PRESERVATION SERIES (continued)**

Q. Does it cost more to produce organically grown foods?

A. Yes, U.S. Department of Agriculture specialists point out that it takes a lot more time and labor because somehow those soil nutrients have to get there. We used to use ashes from burned logs to put them in the soil--but it was a slow process for the potash to get there. Now we do it direct. So-called commercial fertilizers simply do the aging for us which means that modern agriculture substitutes machinery for human labor -- organic growing is a move back in the other direction.

Q. What about the use of pesticides?

A. There is a difference between indiscriminate pesticide use and controlled application. Safe use of the proper pesticide is a must. Proper applications of pesticides mean that chemicals will disintegrate to harmless compounds before the crop is harvested. At this time, the known health risks from being overweight or from bacterial contamination of food are greater than the risks from consuming pesticide residues or food additives.

Q. Do organically grown foods taste better?

A. Taste, as well as attractive color, is associated with freshness and maturity of fruits and vegetables, rather than to gardening methods.

A home grown vegetable garden will provide good exercise, and provide a real treat to the taste buds when the first ripe tomatoes or garden peas are eaten. It may also help stretch the family food budget. Like any form of recreation such as hiking, golfing or fishing, the more proficiency acquired the more enjoyment received. So, when you ready the garden, start small, and expand as the abilities and desires dictate. Whatever way you decide to "grow your own" you'll be able to get instructions from your State Extension offices, or from your county agent.

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**COMMENTS AND INQUIRIES TO:**

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